



Self-Help Groups: Role in Empowerment of Women in Punjab

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KEYWORDS Economic Empowerment. Income Generation, Office Bearers. Political. Psycho-social

ABSTRACT Self-help group is an effective strategy for the empowerment of women. The present study was conducted in state of Punjab to study the empowerment status of office bearers and members of women Self-help groups. Data revealed that that office bearers were older than members but were more educated. Young and more educated were taking on leadership role in SHG movement. Empowerment status of both office bearers and members was highest on economic and lowest on legal/ political dimension. Difference in empowerment between office bearers and members was only significant on economic dimension. Office bearers were the major force behind income generating activities. They initiate these activities and carry other members along. There is a need for more cohesiveness and engagement of all members' in-group activities so as to empower them politically and legally.